A CLOSET for Ladies and *Gentlewomen.*

OR,

The Art of Preſerving, Conſerving, and Candying.

With the manner how to make divers kinds of Sirups, and all kinde of Banqueting Ruffes.

Alſo divers ſoveraigne Medicines and Salves for ſundry Diſeaſes.

LONDON,
Printed by *John Haviland.*
1636.

PRESENTED BY
MUSEUM
S.S.B.
BRITANNICUM
LADY BANKS

L. L. Bowles 1810.

An especiall Note of Confectionary.

To preserve Pippins red.

TAke your best coloured Pippins and pare them: then take a piercer, and bore a hole thorow them: then make sirup for them, as much as will cover them, and so let them boyle in a broad preserving pan; put into them a peece of Cinamon-sticke, and so let them boyle close covered very leisurely, turning them very often: for, if you turne them not very often, they will spot, and the one side will not be like the other, and let them thus

boyle untill they begin to gelly: then take them up, and pot them, and you may keepe them all the yeare.

To preserve Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boyle till they bee tender; then take them up, and boyle your sirup a little higher, then put them up in a Gally-pot, and let them stand all night, and the next morning the sirup will bee somewhat weaker: then boyle the sirup againe to his full thickneſſe, and so pot them, and you may keepe them all the yeare. If you pleaſe to have them taſte a pleaſant taſte, more than the naturall Pippin, put in one graine of Musk, and one drop of the Chymicall oyle of Cinamon, and that will make them taſte a more pleaſant taſte.

To

To preserve Pippins greene.

TAke Pippins when they be small and greene off the tree, and pare three or foure of the worst, and cut them all to peeces: then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniack into a Bason; then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will cover, and so let them boyle softly: and when you see they be boyled as tender as a quodling, then take them up, and pill off the outermost white skinne, and then your Pippins will bee greene: then boyle them in your Sirup againe, till the Sirup be thicke: and so you may keepe them all the yeere.

To preserve Apricocks.

OF Apricocks take a pound, and a pound of Sugar, and clarifie your Sugar with a pint of water; and when your Sugar is made perfect, put it into a preserving-pan, and put your Apricocks into it, and so let them boyle gently: and when they bee boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserve a peare-plum.

To preserve Mirabolans or Malacadonians.

TAke your Malacadonians, stone them, and perboile them in water; then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they be boyled tender, make sirup of them, and preserve them as you doe

doe any other thing, and ſo you may keepe them all the yeare.

To preſerve Pomcitrons.

OF your Pomcitrons take one pound and a halfe, and cut them, ſome in halves, ſome in quarters, and take the meat out of them, and boyle them tender in faire water: then take two pound of Sugar being clarified, and make ſirup for them, and let them boyle in ſirup a quarter of an houre very gently: then take them up, and let your ſirup boyle till it be thicke: and then put it in your Pomcitrons, and you may keepe them all the yeare if you pleaſe, you may pare ſome of them: for, ſome delight them in the skin, and ſome, pared.

To preſerve Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of ſheeres clip off their ſtalkes

by the midst: then wash them cleane, and beware you bruise them not: then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seethe till it bee somewhat thicke: then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may be like the other, untill they bee enough: the which to know, you must take up some of the sirup with one Cherrie, and so let it coole; and if it will scarce runne out, it is enough: and thus, being cold, you may put them up, and keepe them all the yeare.

To preserve Red-rose leaves.

OF the leaves of the fairest buds take halfe a pound: sift them cleane from seeds: then take a quart of faire water, and put it in an earthen pipkin,

pipkin, and ſet it over the fire untill it bee ſcalding hot: and then take a good many of other Red-roſe leaves and put them into the ſcalding water untill they beginne to looke white, and then ſtraine them; and thus doe untill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Roſe-leaves, and let them ſeethe together till they bee enough; the which to know, is by taking ſome of them up in a ſpoone, as you doe your Cherries; and ſo, when they be thorow cold put them up, and keepe them very cloſe.

To preſerve Orenges and Lemmons.

TAke your Orenges and Lemmons, large and well colou ed, and take a raſpe of ſteele, and raſpe the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender,

and shift them in the boyling, to take away their bitternesse: and when they be boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them bee infused all night: the next morning, let them boyle two or three walmes in your sirup: let them not boyle too long in the Sugar, because the rinds will bee tough: take your Lemmons out, and boyle your sirup thicker: and so when it is cold, put them up, and keepe them all the yeare.

To preserve Quinces.

OF your Quinces take a pound; core them, and then perboyle them, and pill off the outermost white skinne, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely covered upon a very gentle fire, putting

ting unto them a ſticke or two of good Cinamon cut into ſmall peeces, and ſo ſtirre them continually, that they may bee well coloured on every ſide: and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keepe them; for the higher your ſirup is, the better will your Quinces keepe.

To preſerve Peaches.

OF your faireſt and beſt coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white Wine, and a pint and a halfe of running water; and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolve it in a quarter of a pint of white wine, and boyle it almoſt to the height of a ſirup, and then

then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if need should require: and then put them up, and keepe them all the yeare.

To preserve Eringo-roots.

TAke your Eringo roots, faire and not knottie, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boyle them very tender, pill off the outermost skinne of them, but see you breake them not; and as you pare them, put them into cold water, and let them all remaine there till all be finished: and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, and boyle it almost unto the height of a sirup, and then put in your roots, but looke that they boyle very gently together, with as little stirring as may be, for feare of breaking, untill they bee enough:

enough: and when they be cold, put them up, and ſo keepe them.

To preſerve Barberries.

TAke your Barberries very faire and well coloured, and picke out every ſtone of them, and then weigh them: and to every ounce of Barberries, you muſt take three ounces of hard Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of Red-roſe-water, you muſt diſſolve your Sugar, and then boyle it to a ſirup; being ſo boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up: and as ſoone as they begin to wax coole, put them up, and they will keepe their colour all the yeare.

To preſerve Gooſeberries.

YOu muſt take your large Berries, but not thorowly ripe, and picke off all the ſtalkes from them, and

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup: and then put in your Gooseberries, and let them boyle a walme or two; and so, betwixt hot and cold, put them up, and keepe them all the yeare.

To preserve Damsons.

TAke of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one: then weigh them, and to every pound of Damsons, you must take a pound of Barbary Sugar, white and good, dissolved in halfe a pint or more of water: boyle it almost to the height of a sirup, and then put

put in your Damſons, keeping them with continual ſcumming and ſtirring, and that with a ſilver ſpoone; and ſo let them boyle, untill they be enough, upon a gentle fire; and when they be enough, take them up, and keepe them all the yeare.

To preſerve Raſpices.

TAke of your faireſt and well-coloured Raſpices, and picke off their ſtalkes very cleane: then waſh them, but in any caſe ſee that you bruiſe them not: then weigh them, and to every pound of Raſpices, you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, and foure ounces of juyce of Raſpices being clarified: boyle it to a weake ſirup, and then put in your Raſpices, ſtirring them up and downe, and ſo let them boyle untill they be enough, that is, uſing them as your Cherries, and ſo you may keepe them all the yeare.

To

To preserve Enula-Campana roots.

TAke of your Enula-Campana roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lye in water thirtie dayes, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of roots, you must take twelve ounces of clarified Sugar, first boyling your roots as tender as a Chickin, and then put them into your clarified Sugar; and let them boyle upon a gentle fire untill they bee enough: and so let them stand off the fire a good while, and betwixt hot and cold put them up to your use.

To preserve Saterion roots.

TAke your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatives.

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it be somewhat cold: then take your leafe-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candie Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boyle it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan; then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it, and put the Ginger in it; then tye it very close, and every

every second morning stirre it about roundly, and it will be rocke-candied in a very short space.

To candie Rose leaves, as naturally as if they grew upon the trees.

TAke of the faireſt Roſe-leaves, red or damaske, and on a Sunshine day ſprinkle them with Roſe-water, and lay them, one by one, upon faire paper; then take ſome double-refined Sugar, and beat it very fine, and put it in a fine lawne ſearce: when you have laid abroad al the Roſe-leaves in the hotteſt of the Sun, ſearce Sugar thinly all over them; then anon the Sunne will candy the Sugar; then turne the leaves, and ſearce Sugar on the other ſide, and turne them often in the Sunne, ſometimes ſprinkling Roſe-water, and ſometimes ſearcing Sugar on them, untill they be enough, and come to your liking: and being thus done, you may keepe them.

To candie Marigolds in wedges; the Spanish fashion.

TAke of the faire yellow Marigold flowers two ounces, and shred them, and drie them before the fire: then take foure ounces of Sugar, and boyle it to the height of Manus Christi; then powre it upon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stove.

To candie all manner of flowers in their naturall colours.

TAke the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabecke is dissolved; then take fine searced Sugar, and dust over them, and set them a drying on the bottome of a Sieve in an Oven, and they will glister as if it were Sugar-candie.

To

To candie all manner of Flowers, Fruits and Spices, the cleere rocke-Candie.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two egges, and boile it almoſt as high as for Manus Chriſti: then put it into a pipkin that is not very rough: then put in your Flowers, Fruits, and Spices, and ſo put your pipkin into a Still, and make a ſmall fire of ſmall coales under it; and, in the ſpace of twelve dayes, it will be rocke-candied.

To candie Eringo roots.

TAke your Eringo roots ready to be preſerved, and weigh them, and to every pound of your roots, you muſt take of the pureſt Sugar you can get two pound, and clarifie it with the whites of Egges exceeding well, that it may bee as cleare as Chryſtall, for then it will be very commendable; it being

being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they be all candied, and so put them in a Stove, and keep them all the yeare.

To candy Enula-Campana.

TAke of your faireſt Enula-Campana roots, and take them cleane from the ſirup, and waſh the Sugar off them, and drie them againe with a linnen cloth; then weigh them, and to every pound of roots, you muſt take a pound and three quarters of Sugar; clarifie it well, and boyle it to the height of Manus Christi, and when it is ſo boyled, dippe in your roots, three or foure at once, and they will candie very well; and ſo ſtove them, and keep them all the yeare.

To candie Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined Sugar, which is very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to Sugar againe; but you muſt ſcumme it often, leſt it bee not cleare enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your Violet flowers, ſtirring them together till the Sugar grow hard to the pan; this done, put them into a box, and keepe them in a ſtove.

To candy Gooseberries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very cleane, and picke off all the ſtalks from them, and weigh them: and to every ounce of Berries, you muſt take two ounces of ſugar, and halfe an ounce of Sugar-candy, and diſſolve them in an ounce or two of Roſe-water, and ſo boyle them up to the height of Manus Chriſti; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtirre them in round with a woodden ſpatter till they be candied; and thus put them up and keepe them.

To candy Roſemary-flowers.

TAke of your Roſemary flowers ready pickt, and weigh them; to every

every ounce of flowers you muſt take two ounces of hard Sugar, and one ounce of Sugar-Candy, and diſſolve them in Roſemary-flower-water, and boyle them till they come to Sugar againe: which done, put in your Roſemary-flowers when your Sugar is almoſt cold, and ſo ſtirre them together till they bee enough, and then take them out, and put them in a box, and keepe them to your uſe in your Stove.

To candy Borage-Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and uſe them in every reſpect as you did your Roſemary-Flowers, ſave this, that when they be candied, you muſt ſet them in a Still, and ſo keepe them in a ſheet of white paper, putting every day a chafingdiſh of coles into your Still, and it will be candied very excellently, and that in a ſhort ſpace.

Here end the ſorts of Candying.

To make Paste of Pippins, the Geneva fashion,

some with leaves, some like Plums, with stalks and stones in them.

TAke your Pippins, and pare them, and cut them in quarters: then boyle them in faire water till they bee tender: then straine them, and dry the pulp upon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and boyle it to Manus Christi, and put them together: then fashion them upon a Pie-plate, and put it into an Oven being very sleightly heat: the next morning you may turne it, and put them off the plates upon sheets of Paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes, putting

putting every day a Chafingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips and stampe them in a Mortar with Gum Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your molds: then stove it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten and searced, and put into an Alablaster Morter, with an ounce of Gum dragagant steeped in Rosewa-

ter : and if you see your Paste be too weake, put in more Sugar: if two dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your selfe, to stand upon quantities : beat it into perfect paste, and then you may print it with your moulds ; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced : mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste-royall white, and then you may turne it upon sticks made of peeces of Arrowes, and make them hollow like Cinamon sticks : in like sort you may make it taste of what spices you please.

To make paste of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter upon a chafingdish of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Christi, and then put them together, and so fashion it upon a Pie plate, and dry it in an Oven with a chafingdish of coles, untill it be thorow dry: and then, if it please you, you may spot them with gold.

To make Paste of Violets.

YOu must take of your Violets that are ready picked, and bruise them in an Alablaster or Marble Mortar, and wring the juyce from them into a Porringer, and put as

much hard Sugar in fine powder, as that juyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it up, and print it with your moulds, and so dry it in your stoue, and not by the fire, for feare of danger: and when it is dry, gild it. It is a fine banqueting conceit.

To make paste of Goose-berries.

TAke of your Goose-berries, and cut them one by one, and wring the juyce from them, till you have gotten so much as you thinke will serve your turne: boyle your juyce a little, that it may be thicker: then take as much double refined Sugar as your juyce will sharpen, and dry it as you did for your Violets; and being dry, beat it very fine, and take as much Gum-dragagant steeped in red rose water, as will serve, and beat

beat it into perfect paſte in an Alablaſter Mortar: and then take it up, and print it with your moulds, uſing it in every reſpect as your paſte of Violets. This is excellent good for one that hath a weake ſtomack.

Heere begin Banqueting Conceits, as Marmelades, Quodiniacks, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Musk-Sugar beaten and ſearced : then take Gum-Dragagant ſteeped in Roſe-water, and two graines of Muske, and ſo beat them in an Alablaſter Mortar till it come to perfect Paſte : then drive it very thin with a rowling pin, and then cut it into ſmall peeces like diamonds ; ſome cut with

with a rowle ſpoone on the ſides: being thus cut, ſtove them, and ſo keepe them all the yeare.

To make Diocitonium ſimplex of Quinces

TAke of your Quinces, and pare them, and cut them in peeces, and boyle a pound of theſe peeces in a quart of faire water, till they be very ſoft: then let the liquor run from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly: then take it from the fire, and put therein foure drops of oyle of Cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and ſtirre it together, and ſo put it in fine Chryſtall Glaſſes, and keepe it all the yeere.

To make fine Christall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boyled tender, take it out : then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquour, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Musk, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten ; and when it is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps upon a plate.

To make white leach of creame:

TAke a pint of ſweet creame, and ſix ſpoonfuls of Roſe-water, and two graines of Muſk, two drops of oyle of Mace, or one peece of large Mace, and ſo let it boyle with foure ounces of Iſinglaſſe: then let it run downe thorow a gelly bag: when it is cold, ſlice it like brawne, and ſo ſerve it out. This is the beſt way to make leach.

To make a Walnut, that when you crack it, you ſhall finde Biskets and Carrowaies init, or a pretty Poſie written.

TAke a peece of your Paſte-royall white, being beaten with Gum-Dragagant, and mixed with a little fine ſearced Cinamon, which will bring your paſte in a Walnut-ſhell

shell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thickneſſe, and then print it with your moulds on what fashion you please.

To make Biskettello.

TAke two ounces of very fine Sugar, beaten and searced, and put into

into it halfe a ſpoonfull of Amidum, that is, white Starch; a graine of Muske: then beat it into perfect Paſte, with Gum dragagant ſteeped in Roſe-water: then make it into little pretty loaves the faſhion of Manchets, and ſo put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot, and ſo ſpeck them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damask-Roſe-water, and put it into a glaſſe, put unto it a handfull of Lavender-Flowers, two ounces of Orris, a dramme of Musk, the weight of foure pence of Amber-greece, as much Civet, foure drops of Oyle of Cloves; ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding: the dregs, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make mosse-powder.

TAke two pound of Mosse of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Damask rose-water, foure and twenty houres: then take it out, and dry it in an oven upon a Sives bottome, and beat it to Powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Musk, halfe a dram of amber-greece, a quarter of a dram of Civet: put all these into a hot Morter and Pestle, and beat them together: then searce them

them thorow a course haire searce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozonges.

TAke of fine Sugar halfe a pound: boyle it with Red rose-water, vntill it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, 4. drammes, with a little Confectio Alchermes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose: and when you gild them, if your gilding will not stick on, wet them gently with a little Rose-water, but not too much, in any case.

To make a March-pane, to ice it, and garnish it after the Art of Comfit-making.

TAke two pound of small Almonds blanched, and beaten into perfect paste,

paste, with a pound of Sugar finely searced, putting in now and then a spoonfull or two of Rose-water, to keep it from oyling; and when it is beaten to perfect Paste, roule it thin, and cut it round by a Charger: then set an edge on it, as you doe on a Tart: then dry it in an Oven or a baking Pan: then ice it with Rose-water and Sugar, made as thick as batter for Fritters: when it is iced, garnish it with conceits, and stick long Comfits in it, and so gild it, and serve it.

To make all sort of banqueting Conceits of March-pane stuffe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond Paste made for the Marchpane, and dry it on a Chafingdish of coles, till you see it wax white: then you may print

print ſome with Moulds, and make ſome with hands, and ſo gild them; then ſtove them, and you may keepe them all the yeare. They be excellent good to pleaſe children.

To make all kind of birds and beaſts to ſtand on their legs, in caſt-worke.

TAke Barbary-Sugar, clarifie it, and boile it to the height of Manus Chriſti: then poure it into your moulds, they being ſeaſoned as for your Quodiniack: let them ſtand a quarter of an houre, and they will be cold, and then you may take them out, and gild them.

To caſt all manner of fruitage hollow in turned worke, and put them in their colours, as Orenges, Lemmons, and the like.

TAke your Sugar being boilded to the height of Manus Chriſti, and put

put it into your Alablaſter moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-bisket bread.

TAke a pound of very fine Flower, as much Sugar thorowly ſearced, one ounce of Anniſeeds cleane pickt, take eight Egges, and a ſpoonfull of Muskadine, and beat all into batter as thick as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and ſet it in an Oven, and let it remaine there one houre: you may ſlice ſome of them when they bee a day old, and dry them againe upon a hurdle of Wicker: you may alſo take one of your leaves, and waſh it over with the yolke of an Egge beaten with a little Roſe-water, and while it is greene, caſt Biskets and

and Carrowaies on it, and a little white Candy, and it will ſhew as if it did haile on it: then ſpot it with gold, and give it to whom you pleaſe.

To make the uſuall Bisket ſold at Comfit-makers.

TAke a Peck of flower, and foure ounces of Coriander-ſeed, one ounce of Anniſeed, take three Egges, three ſpoonfuls of ale-yeaſt, and as much warme water as will make it as thick as Paſte for Manchets: make it in a long Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and ſlice it, Sugar it with ſearced Sugar, and put it againe into the Oven; and when it is dry, take it out, and new ſugar it againe, and ſo box it, and keepe it.

To make an especiall sweet Powder for sweet Bags.

TAke of the purest Orris one pound, of Red and Damask Rose-leaves, of each two ounces, of Cloves three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all save the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk and Civet, of each twenty graines, Amber-greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose leaves dried you may put it up into your sweet Bags, and so keepe them seven yeares.

To make an excellent Marmelade, which was given to Queene Mary for a New-yeeres gift.

TAke a pound and a halfe of Sugar, boyle it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo-roots preserved two ounces & a halfe, stir these with the Sugar till it will not stick: and then, at the last, put in of Muske and Amber dissolved in Rose-water, of each foure graines; of Cinamon, Ginger, Cloves and Mace, of each three drams; of Oyle of Cinamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

TAke of the purest greene Ginger, six drammes; of Eringo and Saterion roots, of each an ounce and a halfe: beat these very finely, and draw them with a silver Spoone thorow a haire searce: take of Nut-kernels and Almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in honey twelve houres, and then boyled in milke, and beaten and mixed with the rest: then powder the seeds of red Nettels, of Rockes, of each one dram; Plantane seeds halfe a dramme; of the belly and back of a fish called Scincus marinus, three drammes; of Diasaterion, foure ounces; of Cantarides, adde a dramme; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose-

water,

water, and boiled to Sugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaves, of pearle prepared two drammes, Oile of Cinamon ſix drops: and being thus done, and well dried, put it up in your Marmelade boxes, and gild it, and ſo vſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drammes, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, juice of two Lemmons, oyle of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all muſt be powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and ſtraine it, and ſo keepe it, the party muſt rub her face with a ſcarlet cloth, and then

then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boyle till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boyle till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little upon the back of a Spoone: and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To make Quodiniacks of Raſpice, or Engliſh Coriants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpooneſuls of Roſe-water, and mix them together with the backe of a Spoone: then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with Sugar till it bee ſweet enough: then boile it on a chafingdiſh of Coles in a diſh, till it be readie to print: then print it in your moulds, and box it, and ſo keepe them.

Here end the conceits of Banquetting.

Your Moulds muſt lye in water one night before you vſe them; and an houre before you print with them, take them out of the water.

CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drams, Calamus roots one dram, all bruised & kept in a paper: then take of Bettony and Sage flowers, of each an hand full; Marjoram, Penniriall, of each halfe an handfull, bruised likewise: then take

take of these powders, of Aromaticum Rosarum three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make Cinamon water.

TAke one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sacke, and infuse it three dayes and three nights, and then distill it as your Aqua Cœlestis.

To Make Doctor Steevens *water.*

TAke of Rose-leaves one dram, Borage, Bugloss, Violets, and Rose-

CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drams, Calamus roots one dram, all bruised & kept in a paper: then take of Bettony and Sage flowers, of each an hand full; Marjoram, Penniriall, of each halfe an handfull, bruised likewise: then take

take of theſe powders, of Aromaticum Roſarum three drams; Diambræ, Diamargariton frigidum, Diamoſcum dulce, of each a dram and a halfe: you muſt put all theſe into a gallon of ſpirit of wine, and ſteep them three dayes and three nights, ſhaking them well every day, and then diſtill it in your Limbecks; and when it is diſtilled, you muſt hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make Cinamon water.

TAke one pound of the beſt Cinamon you can get: bruiſe it well, and put it into a gallon of the beſt Sacke, and infuſe it three dayes and three nights, and then diſtill it as your Aqua Cœleſtis.

To Make Doctor Steevens *water.*

TAke of Roſe-leaves one dram, Borage, Bugloſſe, Violets, and Roſe-

mary-flowers, of each a dram, and an halfe, Spikenard a dram, Cinamon two ounces, Ginger an ounce, Cloves and Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds, and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder, of each one dram; bruise these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, using it in every respect as your Aqua Cœlestis.

To make Balme-water.

TAke Balme, dry three ounces, Time, Penerial, of each an ounce, Cinamō foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dram, Gallingale one ounce, Calamus and Cyprus, Cubebs and Pepper, of each two drams, of Caper roots halfe a dram, of Diptamus one dram: bruise

bruiſe theſe things, and put them to a pottle of Sack, and ſteepe them foure and twenty houres, and then vſe it as the former waters.

Angelica water.

TAke Cardus dry a handful, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Juncus Odoratus, of each a dram; Sage, Borage, Bugloſſe, Violets and Roſemary flowers, of each halfe a handfull: bruiſe theſe, and ſteepe them in a pottle of Sack twelve houres, and diſtill it as the reſt.

Roſa ſolis.

TAke Liquorice eight ounces, Anniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each three ounces, Nutmegs, Ginger, Cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figges two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herb Rosa-solis, or else Alkanet root.

Wormewood-water.

TAke of Wormewood two ounces and a halfe; Sage, Bittony and Rue, of each halfe an handfull, Rosemary tops an handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloves and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and a halfe, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steepe them foure and twentie houres, and distill them as the rest.

HERE BEGIN Conserves.

To make Marmelade of Quinces.

TAke your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulpe, that is, the Quince, thorow a haire Searce, and weigh it: to every pound of pulpe, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little oyle of Cinamon; and when it is boiled enough, that it will not stick to the pan, put it into your Marmelade-Boxes. But your conserve must not be boiled

so high in any case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

TAke of the purest and best coloured buds you can get, and clip off the whites from them; and to every pound of leaves, you must take three pound of Barbary Sugar, and beat them together till they bee very fine; and then with a woodden spatter take it up, and set it on the fire till it be thorow hot, and then presently put it up, and it will be of an excellent colour.

To make Conserve of Violets.

TAke of your violet Flowers, and picke off all the blew Flowers, and keepe them, and weigh them, and take to every ounce of flowers, three ounces of refined Sugar, and beat them in an Alablaster morter til they be very fine, and then take them up, and put them into

into an earthen Pipkin, and ſet them upon the fire till ſuch time as they bee thorowly hot, and then take them off, and put them up and keepe them.

To make Pectorall rowles for the cough.

TAke Liquorice-powder finely ſearced one ounce, of the Spices of Diadragaganthum frigidum two drams, of Gum Arabeck and dragagant in fine powder, of each a dram, white Starch halfe a dram, Anniſeeds in fine powder one ounce, mingle with the reſt: then take of Sugar ſix ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former powder: then take Gum-dragagant ſteeped in Roſe-water, and beat it into paſte, and ſo make it into long roules, and ſo dry them and keep them.

To make Conſerve of Borage-Flowers.

TAke of your Borage Flowers well coloured, and pick the blacks from them,

them: then weigh them: to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Morter, with a woodden pestle, till they be very fine, so that you cannot discerne any Sugar in lumps; then take them out, and put the Conserve into a Pipkin, and heat it thorow hot: and having thus done, put them up, and keepe them all the yeare.

To make Conserve of Rosemary-flowers.

TAke your Rosemary-flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to every ounce of flowers, three ounces of Sugar-candy, and beat them very fine, using them in every respect as you did your other Conserves.

To make Conserve of Bugloss-flowers.

TAke your Bugloss-flowers, and picke them as you did your Borage

rageFlowers, and then weigh them, and to every ounce of Flowers, you must take two ounces of hard Sugar, and an ounce of Sugar-candy, and beat them together till they be exceeding fine, and then set them on the fire, to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it up and keepe it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and search them thorow Lawne: and then take of Musk a dram; Ambergreece ten grains, Civet ten graines, and dissolve them in a hot Mortar with a little Rose-water, and so make them into a Pomander, putting into it six gaines of Civet.

To make conserve of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Searce, and to every pound of Pulpe, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of your Cichory Flowers new gathered; for if you let them lye but one houre or two at the most, they will lose their colour, and doe you very little service: therefore weigh them presently, and to every ounce of Flowers, you must take three ounces of double refined Sugar, and beat

beat them together in a Mortar of Alablaſter, and a woodden Peſtle, till ſuch time as they be thorowly beaten: for, the better the Flowers and Sugar bee beaten, the better will your Conſerve be; let this alwayes be for a generall rule: and being very well brayed, you muſt take them up, and put it into a Chafer cleane ſcoured, and ſet it on the fire till it bee thorowly hot: then take it off, and put it up, and keepe it all the yeare.

To keep Cucumbers in pickle all the yeare.

TAke foure gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marjoram, and foure handfuls of Dill: let theſe boile till it come to three Gallons, and then take it off; and when it is almoſt cold put an hundred of Cucumbers into that Liquor, into a Butter-barrell, and keepe them all the yeare, but looke that alwayes the herbs lye upon them:

them: and thus done, it will bee a moſt excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill uſed for the Gowt.

TAke of Aloes two ounces, Maſtick three drams, Agrick halfe an ounce, Ginger halfe a dram: let theſe be powdred very fine: then take of the extraction of Rubard three drammes, and with white wine let them bee in incorporated into a maſſe of pilles, adding unto them a drop of Oile of Cloves, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to every ſlip foure ſnailes, and put them into an earthen Pot, and ſprinkle foure or five handfuls of Salt upon them, and then put to them Sage, Rue, Wormewood and Hyſop, of each foure handfuls,

fuls, and ſo diſtill them; and when you have diſtilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is diſſolved, and ſo bathe the place infected with the Gowt, and it will eaſe them preſently.

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halves, and juyce them, but beware you wring them not too hard, leſt it be ſlimie; and then take to every pint of juyce three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any caſe that you boyle it not on too hot a fire, leſt it burne: and then, when it is boiled enough, put it up, and keep it all the yeare.

To make Sirup of Violets.

TAke your violets, and picke the Flowers, and weigh them, and then put them into a quart of water, and steepe them upon hot embers, untill such time as the Flowers be turned white, and the water as blew as any Violet: then take to that a quart of infusion, and take foure pound of clarified Sugar, and boile it till it come to a sirup, scumming and boiling them upon a gentle fire, lest it turne his colour: and being boiled, put the sirup up, and keepe it.

To make Sirup of liquoris.

TAke your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and Maiden-haire one ounce, Annised and Fennell seed, of each halfe and ounce: Steepe these in foure pints of Raine-water halfe a day: and then boile it

to a quart: then take a pound and an halfe of clarified Sugar, and boile it with that liquor till it come to a ſirup, and then put it up, and keepe it.

To make Sirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handfull, of Time, Pennirial and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figges and Raiſons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennell ſeeds, of each a quarter of an ounce: boile theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtraine it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and ſo boile it to a ſirup, and ſo keepe it all the yeare.

To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steepe these foure and twentie houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor upon a gentle fire of Charcoles till it come to a Sirup, scumming it very often, that it may be the clearer; for, the clearer it is, the better it is: and being boiled enough, put it up.

To make Sirup of Hysope.

TAke of Hysop one handfull, of Figges, Raisons, Dates, of each an ounce, of Calamint halfe an handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them

them to a Sirup: and being boyled enough, keepe them all the yeare.

To keepe Cherries all the yeare, to have them at Christmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed. and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in rankes, firſt laying hay in the bottom, and then Cherries, and then hay againe: and then ſtop them up cloſe, that no aire may come neere them, and lay them under a featherbed where one lyeth continually: for the warmer they are the better, yet neere no fire: and thus doing, you may have Cherries at any time of the yeare.

To make Sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the juice from them thorow a linnen cloth betweene two stickes, and then to every pint of juice, take a pound of Sugar, and boile it to the height of a Sirup, and then keepe it all the yeare long: and if it wex any thing thinner, a moneth after you put it up, boile it again, and then put it up.

To make Sirup of Lemmons.

TAke your Lemmons, and cut them in halves, and betwixt your fingers juice them, and the liquor that runnes from them will bee very cleere, then take to a pint of juyce, a pound and a quarterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

To

To make Sirup of Roſes ſollitive.

TAke of Damaske Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske Roſe leaves, and take them out when they looke white, and doe ſo ten times, and then the water will looke red: and then, to every pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeare. The thicker the Sirup is, the better it will keepe.

To make Sirup of drie Roſes.

TAke of red Roſes dried foure ounces, and infuſe them in a quart of faire water upon hot embers till the Roſes have loſt their colour: then take a pound and a halfe of Sugar, and clarifie your liquor

quor and Sugar with two Egges, and then boyle it to the height of a Sirup: but take heed in any case, that you set not your Sirup upon too hot a fire: for then it will lose his colour, and bee worth nothing.

A

A Medicine to give a woman in travell, *to make her have Throwes.*

TAke Corall, Amber, Date-ſtones, Pearle, Piony-ſeeds, Saffron, Commine: beat all theſe in Powder, and put it into Malmeſie, and take Unicornes horne, and put it into a ſpoone with a little Malmeſie, and give it to her, and preſently let her drinke a draught of the Malmeſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling downe of the Matrice to the bearing place.

TAke Chickeweed, and seethe it in an earthen pot: then lay of it upon a peece of Scarlet, as hot as the partie may suffer it: let her take it to the privie place, and as one plaister cooles, so lay another and use it.

Another for to bee taken to the Navill, and to the backe right against the Navell, for the same.

TAke a red Onion, and rost it very tender: then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth: so lay it to the Navell a little warme: roule that on, and let it lye on 24. houres,

For to heale any, if they be scalded with hot liquor.

TAke Alchofe and Avens, sheeps suet, and sheeps dung, and Goose dung, and when you have washed the herbs, breake them all together a little, and so fry them together, and then straine it, and make Plaisters thereof, and lay it to the griefe: warme it a little when you lay it to, laying new plaisters to it twice a day: you may take the juice of Housleeke, and sallet oile, and water, and beat them together, and wash the griefe before you vse this Plaister.

A Medicine for the Whites.

TAke a quart of new Milk of a red Cow, to spoonfuls of Red-rose water, a pomgranat pill beaten, and a little Cinamon beaten, and seeth it halfe away: sweeten it with Sugar, and drinke a draught morning and evening, and two whites of Egs beaten.

A Medicine for them that are given to bleeding.

MAke a Posset, and take off the curd, and take Liver-wort, and beat it, and put the juice thereof into the Posset-drinke, and drinke it morning and evening warme.

For the heat in the Kidnies.

TAke Housleeke and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the juice thereof Red rose-water, and Wine-vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must (when you doe use it) have one to doe it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soone

soone as one of the bals is hot with doing of them. take the other, and so vse it an houre every morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smallage, Hollihocks, Mallowes, Tansie and Saxifrage, of each a handfull: chop them small, and quilt them in a little linnen bag; then take three pints of cream, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers over the pot to save the liquor: then lay the bag to the griefe as hot as you may suffer it; and as soon as it cooleth, make it hot againe in the same liquor, and so apply it to the griefe.

For the Wormes.

TAke a handfull of Basill mints, a handfull of Lavender Cotton, as much of Wormewood, Peach-leaves as much, Featherfue a handfull, of unset Leekes a handfull: boile them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his navill and his stomack.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seeth them in Milke, and when it hath sodden a good while, put in some crummes of leaven bread, and boyle them well together; and a little before you take it up, put some Sallet Oyle into it: you must let it boyle till it comes to a Poultis, and so lay it warme to your brest: if you perceive that

that this will not help your breſt without it be broke, you muſt roſt a Lily root, and lay it to your breſt where you will have it breake: and when it is broken, you muſt tent it with leaven and milke ſodden thick together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſaving the place that the Plaiſter lyes on: you muſt dreſſe it both with new Poultis and a new Plaiſter twice every day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Ege, and Vinegar, and beat them together, and make Plaiſters thereof, and lay them to your Temples.

To stanch the bleeding of a wound.

TAke of unset Hysop, and bruise it a little, and take the powder of the bone that is to bee found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke Hogs dung hot from the Hog, with Sugar, and lay it to the wound.

For the weaknesse in the back.

TAke Clary and Dates, and the pith of an Ox, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white

Sanders

Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drink it as hot as you can have it from the Mare, in the morning faſting.

To know whether a child hath the Wormes or no.

TAke a peece of white Leather, and peck it full of holes with your knife, and rub it with Worme-wood, and ſpread hony on it, and ſtrew the powder of Aleſackatrina, and lay it on the Childs Navill when he goeth to bed, and if he have the Wormes, the plaiſter will ſtick faſt; and if he have them not, it will fall off.

For one that is bruised with a fall.

TAke stone Pitch and beat it, and drinke it with white wine, or sack or Malmesie; and if you have none, then take some other liquour: then melt Parmacity, and anoint the place where the bruise is.

For the Wind-Collick.

TAke Parsly-seeds, and bruise them, and seeth them in Sack, and drink it warme when you have your paine.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a prety quantity.

A water to wash a Sore.

TAke of Plantane, and Wood-bine-leaves, and white Roſes, and ſtill them together, and when the water is ſtilled, put a quantity of Camphite into it, and ſo let it lye in the water continually.

For the ſhrinking of the Sinewes.

TAke the Marrow of a horſe bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then ſtraine out the herbs, and put to the liquour one ſpoonfull of honey, two ſpoonfuls of Aqua-compoſita, and a quantity of Pepper, and boile it againe, and keep it for your vſe.

For the Piles.

TAke a quantity of Ragwort, and a quantity of ground Ivie, and the

the marrow of the hinder leg of a Bullock, and beat the marrow and the herbs together, and boile them on a soft fire, and straine them, and keepe it for your vse.

A Salve to take dead flesh out of a sore.

TAke a spoonfull of Vinegar, and a spoonfull of Hony, and a quantity of Verdy-grease, & as much Allome, and boile all these together, and keepe it for your vse.

For the staying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill up the Egge with Aqua Composita, and stirre it together, and roast it, and sup up the Egge in the morning fasting: till you be well use this.

Another

Another for the same.

MAke Rice-pottage with Almondmilke : you must not blanch the Almonds, and make little bals of Virgin-wax : make them lesse than Pease, and when you doe eat of the Pottage, take three or foure of the Bals, and put them in every spoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oile; and at the end of May, you must take it up, and keepe it for your use : you must cover the pot very close when you set it in the ground ; and when you annoint the griefe therewith, you must doe it against the fire.

For

For the piles.

TAke Martlemasse beefe, and dry it, and beat it to powder, and then put it into a chafingdish of coles, and set it in a chaire, and sit over it.

For an Ague.

IF it be for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and one spoonfull of the Sirup of Roses, and let him drink it luke warme: if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the Sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milke, and set it on the fire, and let it boile, and take halfe a dozen yolkes of Egs, and beat them, and stirre them in the milke on the fire: then take it off the fire, and keepe it stirred till it be luke warme,

warme, and then put Runnet into it, and ſtirre it, and let it ſtand till it bee gathered together, and take up the Curd, and put into it Cinamon and Ginger, and ſtirre it about and make diſhes of it, as you thinke good.

A Medicine for a peſtilent Ague, or to drive any thing from the heart.

MAke a Poſſet with white wine, and take away the curd, and take horſe dung of a ſtone-horſe, as hot as you can get it from the horſe, and ſtraine it with the Poſſet drink, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you have no Vnicornes horne, then put Ivory or Seahorſe-tooth, and give it to the ſick to drinke faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoon, and take it with ſome of the Poſſet-drinke,

and

and so drinke the Posset presently after it, and vse this two or three mornings.

A Medicine for the soreneſſe in the throat that commeth with the Rheume.

TAke halfe a pint of Hony-suckle-water, and two Iewes eares, of Plantane and Sinkfield halfe a handfull, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

Another for the falling of the Evalew, or other paine in the throat.

TAke a handfull of red Sage, a spoonefull of Dill-seed, a peece of leaven:

leaven: boile these in a little new milke till it be thick: then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath beene proved.

A Salve for a greene wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together upon a soft fire, and straine them.

A water to heale all sores in legs, and ulcers.

TAke a pound of Roch-Allome, 4. ounces of green Coperas: beat them somewhat small, and put them in a pan on the fire, ever stirring them till they bee molten and dryed againe,

againe ready to be powdred, and beat them againe in fine powder, and keepe them to your vse. When you will make your water, set a pottle of faire Conduit-water over the fire, till it boileth fast: then take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile: as long as your water riseth, so long cast your powder in; and when it leaveth rising, and is black in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it up: doe so till the Vlcer be cleane.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

till the herbs be tender : then take it from the fire and straine it, and keepe it for your vse : you must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castle to breake any smelling that is ready to breake.

TAke of Commine, of Hysop, and of quick-lime a like quantity : bray them together in a Mortar, till it be very fine : when you would open an Impostume, lay it as big as an hasel Nut upon the next place, and bind it very hard, and let it remaine there 4. houres: then take it off, for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaister.

TAke of Litrage of gold powdred very fine, common oile, hogs grease

a pound, white Coperas foure ounces: put them all together in a brazen Pan, and seeth it over a very soft fire of coles, and trie it continually untill it come to a body; and in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonefull; and when it is come to a good body, take it off the fire, and stir it till it bee cold, and ready to bee made up in a rowle, and then make it up.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound: seeth them both together a quarter of an houre, and then take it off, and straine it: if it be too thin, put in a little Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheepes Suet, common Oyle, a like quantitie:

titie : beat these small, and put them in a brazen Pan, and melt them all together : then take them off the fire, and straine them thorow a course linnen cloth, for the Pitch will not be molten; this is good for all manner of sores ; and when you will put in a Tent, mix it with the yolk of an Egge.

Maturacum Poultnis.

TAke Onions, Garlick, Dow, Lilly-roots, a like quanitty : roast them all in a wet cloth under ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to breake them out.

A Medicine to heale old sores.

TAke Plantane, Bramble tops, Orpin, Bettony, Egremonie, of each a handfull : straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheepes suet, of each foure ounces;

ounces: boile all them together till the juice be confirmed: then straine it, and keepe it to raise flesh, and heale old sores.

A plaister to heale old sores after they be made cleane, and filled with flesh.

TAke Sallet oyle halfe a pint, Lead a quarter of a pound: boile these till they be black, and keepe them for your vse.

To cleanse a sore, and take away the dead flesh.

TAke Wood-bine flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sun for ten or twelve dayes, and so wash the sore withall.

little salt, and a glister: if you will have it breake wind, put into the foresaid Commine seed, Fennell seed, Aniseed, of each bruised two good handfuls, and boyle all together, and straine it, and make it as aforesaid, and put in the glister.

To take away the heat of a burne, or out of a scald.

TAke Egges, and roast them as hard as a stone: then take out the yolkes of them: then take a frying-pan, and put in the yolkes of the hard Egges, and so let it fry till it come to an Oyle: then straine it, and annoint the burne withall: then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Glister.

TAke running water, two handfuls of Carmon, a handfull of Mallowes, a handfull of Worme-wood, a

handfull of Mercury, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantitie of Comfrey, a quantitie of Knehome, a quantity of knotted grasse a quantitie of Ribervorum, and a quantitie of Polipody: stampe them all together, and straine them in Ale, and then give the patient the same to drinke cold, and trusse him up with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: provided alwayes, that the patient keep his bed six or seven dayes, lying upon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling.

TAke the crum of Manchet, and ſeethe it in milke till it be thick: then put in a peece of new Butter about the quantitie of a Walnut, or ſomewhat more.

For the Rheume.

TAke a little quantitie of Maſticke, and as much Pellitory of Spaine cut in ſmall peeces: ſew them in a little bag of linnen cloth: keepe the bag in your mouth, till the Pellitory and the Maſticke be conſumed, and ſpit in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantitie of Gum of Ivie: put it in a little bag of linnen; then wet your bagge in Aqua vitæ or Vinegar, and keepe it in your mouth till the Gum of Ivie bee conſumed: hold the

bagge over or upon the hollow tooth.

A water for the eyes.

TAke a pint of white wine: then heat a stone called Lapis Calaminaris red hot, nine or ten times in the fire, and quench it every time in the wine: the last time you quench your stone, stirre it about in the wine: then keepe your water in a cleane glasse, and let it stand, use to put in your eye one drop or two, morning and evening.

For the eyes.

TAke Rosemary, Housleeke, red Fennell, and roast an egge, and take out the yolke: beat these herbes together and straine them.

For the paine in the head.

TAke of the best fallet oyle you can get, and the flowers of wilde primroses,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boyle halfe an houre very ſoftly: then put it in a glaſſe, and ſet it in the Sunne three weeks, and then rub your temples evening and morning. E. C.

A Gargas for to purge the head.

TAke a pint and a halfe of Wine-vinegar, Muſtard ſeeds, Ginger, Cloves, Nutmegs, Pellitory-rootes, about the quantitie of one ounce: when they are beaten, put it into the liquor, and ſtirre them together for the ſpace of a weeke: then gargaſſe it every morning before you uſe the oyle to your head.

For a pin and a web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhivers of the bone doe ſticke in it, and

put it in with the point of a pin: for the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Barrowes greaſe and Sothernwood, and Aqua vitæ, and boile it together; and when you have boiled it, ſtraine it in a pan.

For a Bone-ache.

TAke two or three handfuls of Camomile, a quarter of a pound of ſheeps ſuet chopt ſmall, and a peece of ſtone-pitch of the quantitie of a Walnut, and a peece of leavened bread in it crumbled very ſmall: boile it in your owne water, till it be very thicke, that you may ſpread it upon a cloth like a plaiſter, and lay it on the place where the ache is, for foure and twentie houres, and ſo dreſſe it three times: if you doe, it will take away the ache.

A Medicine to heale an old ſore, or a new.

TAke a quarter of a pound of Roſin, and melt it in a pan till it have left cracking, and then take halfe as much wax, and a little Turpentine and ſheeps ſuet chopt ſmall, and a ſpoonefull of Oyle-Olive, and boyle them all together, and when you have done ſo, ſtrain them in a paile of water, and make it up even as you will occupie it, and draw your plaiſters thin, and dreſſe it three times a day, that is to ſay, at morning, noone, and evening, till it bee almoſt whole: then dreſſe it but twice a day, morning and evening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two ſpoonfuls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaiſter upon the wound, and it will bring forth the core.

For an Andcome.

TAke halfe a dozen knots of a young Oake, and put them in a fire-pan, and burne them to a red cole, and take Boares greaſe, and fine ſuet, and two or three cornes of ſalt, and ſtampe them very fine, and ſo make a plaiſter of it; and if it doe draw and heale too faſt, lay line underneath the ſalve: you muſt dreſſe it twice in the Winter dayes, and thrice in the Summer-dayes.

The Copie of Doctor Stevens *water.*

TAke a Gallon of the beſt Gaſcoine wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Cloves, Anniſeeds, Fennell-ſeed, Carroway-ſeeds, of each of them a dram weight: then take wilde Time, Hyſop, Lavender, Sage, Mints, red-Roſes, Garden-Time, Pellitorie of the

the wall, and Rosemary, of each of them one good handfull, and bray the herbs very small, and stampe the spices all together very small: put all together into the wine, and close it fast twelve houres, and stirre it divers times: then still it in a Limbecke, and keepe the first water, for it is the best: and then keepe the second, for it is good, but not so good as the first. E. C.

A dram weight of the seed of Collumbine, bruised with halfe a penny weight of Saffron drunken with wine, is good for the Janders: then goe to bed and provoke sweat: the flowers distilled are good for the same purpose, and against swounings.

Pimpinell.

THis herbe is good against the Pestilence, to bee taken fasting in a morning, and good against the stone: the roots sodden, condited in sugar,

may profit them that have cold stomackes, and are troubled with too much fleame, the collicke and stone: this root, any way taken, is good against poison.

Mouseare is hot and dry: some use to give the juyce of this common Mouseare, to hinder the cold of a quartan Ague: some use to gather the roots in May, and drie it, and give it to them that are broken: it is good for the bloudie Flix, the great scowring of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and spitting of bloud, and bursting, and specially for breaking of the braine pan.

The juyce of Costemary drunken, killeth both small and great Wormes in the belly: it is good for a cold Mother: it strengthens the stomacke, whether it be drunken or laid to, and stayeth vomiting: the herb of this nature, whether it bee strewed, or else perfume

perfume made thereof, drives away Serpents, and is good against their poysons, and it helpeth and strengtheneth the head.

To take out the heat of a Burne.

TAke the fat of Hogges guts and sheeps trittles, and boyle them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proved.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Daisie-roots, and herb-robert: put them in the running water, and wash your face morning and evening therewith.

A Medicine for a Canker in ones mouth proved.

TAke running water, a handfull of wood-binde leaves, a handfull of Bramble leaves, a handfull of Columbine leaves, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonefuls of honey, a peece of Roch-Allome, three or foure spoonefuls of Wine-vinegar, and wash your mouth with the sodden herbs thereof, three or foure times every day.

The Diet drinke.

FIrst, buy a Diet-pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Anniseeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners

Turners, and one ounce of the barke of the ſame wood, which is to bee bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones taken out, a good handfull of Scabias, an ounce of Chinie, two ounces of Salyprilla, a quantitie of white-wine: then fill up your pot with faire water, ſaving a pint: then cover your pot with his cover, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire of coales, and let it boile three houres, till the fourth part bee waſted: then put the cleareſt into bottles, and drinke morning and evening a good draught, and ſo doe fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you ſhall be ſure it is good.

For

For the head-ache.

TAke two handfuls of Vervine, Betony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses: put them to powder of Nutmegs: boyle this in white-wine: then take out the herbs and fry them in Oyle-olive, and straine them in a cloth, and make an oyntment thereof, and therewith annoint the head.

To make the Rheume-medicine.

TAke five quarts of Hysop-water: it must be stilled when the Hysop beareth Flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces: bruise them, and then put it to the water, and boyle them till halfe bee consumed away; then straine it in shallow pans, and set it in the Sun, and stirre it now and then, and sometimes set it over the fire

fire till you see it wax blacke, but doe not boile it, and it will wax stiffe with standing in the Sunne, that you may make it in little cakes.

A Salve for a cut.

TAke six ounces of Deare suet, foure ounces of wax, foure ounces of Rosin: stamp and straine Velerian, and take the juyce as much as you think will make the salve looke greene, and boyle them together till it come to a salve.

A medicine for the stopping of the Liver, very good for them that have the Landers.

TAke Parsly-rootes, Fennell-rootes, Asperigon-roots, Knecham-roots, Succory-roots, of each the weight of halfe a crowne in silver; of Dock-roots the weight of twelve pence, a little Liquorice, halfe a handfull of Raisins of the Sunne stoned: boile this in three pints

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: sweeten it with Sugar, or else with sirup of Succory, and drink a draught three mornings together, fasting three houres after it, use this every month: you may put in Barley husked, and Saxifrage, Maiden-haire, and Liverwort.

For the wormes.

THe powder of Coralina, to the weight of three pence in silver, given in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbs and roots called Harts-horne, Plantane and Orpin, and beat them with a little white wine, and a little bay salt, and so lay it on a cloth upon your wrist, but be sure it lye on the places on both armes, changing

changing it every foure and twentie houres: bee ſure alſo, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a ſilke bagge, ſo that it may lye upon the hollow of your ſtomacke, and let it hang till your Ague bee gone. You muſt not waſh neither herbes nor rootes: and you may take the roots when you cannot get the herbs, and uſe them ſo.

For the Canker in the mouth or rawneſſe, or in the lower part of the woe.

TAke red Fennell, red Sage, Hyſop, Herb grace, Roſemary Honyſuckle leaves, Fetherfue, and Daiſie leaves, of each a little quantitie, in all two handfuls: boile theſe in a quart of running water to a pint: ſtraine it, and let it ſtand untill it bee cleare, and put therein a ſpoonefull of Engliſh Honey, and as much Roch Allome

Allome beaten, as the bigneſſe of a Bean, and boile it together: you muſt take off the ſcumme as it doth ariſe when it is boiled: put it into a glaſſe, and keepe for your uſe: you muſt warme it when you take it.

A good Medicine for an Audicome, or a botch, or a ſore breſt, or Carbuncle, to ripe or breake them.

TAke a quantitie of Herb-grace, a quantitie of leavened bread well crummed, halfe a ſpoonefull of Sallet-oyle or Capons-greaſe: boyle theſe in good Ale-grounds, and keepe it with ſtirring till it be thicke; and when you uſe it, lay it upon a cloth warme to the griefe. This medicine will reſolve a breſt without breaking it, unleſſe it need breaking: you muſt change it every day once.

A good Salve to heale it when it is broken.

TAke a quantitie of Boares greaſe, of Wax and Roſin, of each alike quantitie: you muſt ſcrape the Wax, and beat the Roſin, and boyle them together till they be melted; then take Lapis Calaminaris and Roch-allome, as much as a beane of each, and beat them together: then take a ſpoonfull of Engliſh Hony, and put them together, and boyle them againe; and when it is well boyled, powre it into cold water, and make it up in rowles, and keepe it for your uſe.

A Medicine for a bruiſe.

TAke a quantitie of Stone-pitch, as much gray Sope, and beat the Pitch finely to powder, and boile them together with ſtirring till it bee boyled: then take it off the fire, and let

let it coole, and then spread it upon a cloth, and lay it to the griefe: it must not bee thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

An ointment for an Ague-sore, or other sores, and for swellings.

TAke a Bryonie root, and cut off the out-side thin: some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oyle, and then boile it, straine it, and keepe it for your use: for this is good to annoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke up the oyle and the Lead, and then coole it, and keepe it for your use.

This oyle and lead is good for Ague-sores

fores and other fores. Remember to annoint the fores with the oyntment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the fore bee whole. And for swelling, you must use the Bryonie-roots and the Oyle onely, without the Oyle and the Lead.

An approved good medicine for the Tooth-ache.

TAke Rose-water either red or damaske: take yellow wax a quantity, and fresh butter, of either an equall quantitie, and mingle them together in a dish upon the coales and then take a linnen cloth, and dip it therein, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

A Medicine for the bloody Flix.

TAke two toastes of cheat-bread, and toste them; and two egges, and roste

roste them hard, and take the yolkes of them, and the liver of a chick, and beat all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinamon: beat it small, and put it in the medicine, and then take of it evening and morning fasting, for so it most availeth you: but if your stomacke bee weake, then put in some Sugar to sweeten it.

For the pin and web in the eye.

TAke the juyce of Parsly, and halfe as much Honey, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a prettie quantity of it, and mingle it with some Boares grease, and spread upon the cloth, and warme

warme it gainſt the fire, and lay it to the place.

A Medicine for a greene wound.

TAke a quantitie of Venice-turpentine, and waſh it in faire water till it be white: then take a plaiſter thereof, and lay it to the wound till it bee drawne: then take the yolke of a new-laid egge, and adde thereto a ſmall quantity of fine wheat-flower, and a little freſh butter, and mingle them together, and lay a plaiſter thereof unto the wound after it is drawne, with the Turpentine.

Another Medicine to be taken inwardly for a greene wound, to be taken in Ale, or Beere: it is likewiſe good for the ſhutting of a bone broken or out, either for Man or Beaſt.

TAke juyce of an herb called Bonwort, to the quantity of 3 or foure ſpoone-

spoonefuls or more, according to the stomacke of the partie that is hurt: take the same quantitie and drinke it either in the milke, or as before is written, three or foure severall mornings fasting, or ofner if you will, and it will free the partie: when the herb is not to bee gotten, then you may use the root, and it will availe as much.

If the wound be but little, either this drinke, or the Medicine before written, will helpe it; but if it be great, you must use both together.

For to heale wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of White Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white wine a pint: melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white Wax

Wax, the Olibinum, and the Maſtick made into powder, and the white wine: boyle all together till the wine be conſumed; then take it from the fire, and ſtirre it till it be almoſt cold: then put in the Turpentine, and make it in a rowle, and keep it in Parchment or Leather.

Another.

TAke Calamint, Peniriall, of each a like quantitie, Nigella-romana-ſeed a little bruiſed, a French crownes weight: boyle all theſe in poſſet drinke made of white wine and Ale; a good draught evening and morning you muſt drinke.

A Medicine for the head-burning that long time hath beene.

TAke a quantitie of the Gawle of a Hare, and as much Honey; mingle it together a good while, till it turne red, and with it annoint the fore-head,

and all the aking shall be taken away: this is a precious oyntment.

For to set a bone, or heale a broken bone in man or beast.

TAke the juyce of Comfrey-roots, and wilde Daisie-roots, and boyle them with Turpentine and yellow wax, and make a flat plaister thereof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it stiffe, once in five dayes, untill it be whole: you must drinke the juyce of the roots nine dayes in some liquor, either to man or beast, when you use the plaister.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieve, and let it seeth till you make it up like Suppositaries: then take it up, and cut off the outside of a Race of Ginger, and grate it, and mingle

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you bee whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, and Comfry, of each a like quantitie; wash them, and dry them, and set them in the oven when the bread is drawne, that so they may dry: then beat them to powder; then searce them finely thorow a Searce or Sieve; and looke what quantitie you take of the Herbs when they be dried, take halfe so much Anniseeds, and beat them with the powder of the herbs, and searce them: and thus having made the powder readie, when you will use it, take as much of the powder as you can lay, or take upon a good broad six pence, and fourteene mornings together give it

to the partie to drinke with a little Malmsie fasting, and annoint the place, first with oyle of Spike mingled with any other thing; and also take such herbs as you make your powder of, and seeth them in faire running water untill they be tender, wringing the water out of them, and apply them to the place as hot as the partie can suffer it, and let not the trusse be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knotwort bears a little watchet flower. This hath beene proved on children so borne, and on old folkes that have beene foure and twentie yeares broken, and doth helpe all sorts, that with good usage doe not abuse themselves, through the grace of God.

A Medicine to be used during all the time of the Plague; good against Infection.

TAke a pint of white wine vinegar, and halfe a pint of Jene Trekle, and a quantitie of Bole Armoniacke, otherwise called Bolles verus, and ſtirre all this together, and take three ſpoonefuls in the morning faſting, and faſt an houre after it, and take three ſpoonefuls an houre after ſupper.

Another Medicine for paine in the head.

SEethe leaves of Agrimonie with Honey, and give them to drinke, and draw it thorow a cloth, and keepe it in a box, and therewith annoint your head, and waſh your head in the water that Celandine is ſodden in.

For the aking of the head.

SEethe Pulioll in Ayſill and then put it in thy noſe. Take Rue and Fennell, and ſeethe them together in water, and waſh therewith the head.

For a Felon of the head, that ſweſteth the head of a man: and that before written is for the ſame.

TAke the greaſe of an Hart, and Honey, and Barly-meale, and Otetreſt, and Moycell, and ſtampe them together, and after ſhave thy head; then make a plaiſter, and lay it to thy head as hot as you may ſuffer it, and let it lye till it be whole.

For all Evils of the head.

TAke Rue, and ſtampe it with ſtrong Ayſill; mingle it, and waſh the head therewith.

For

For the Carbuncle, or the Postume in the head.

TAke Wormewood, Origanum, Mayron, by even portions, and seethe them in sweet Wine, and after that wring out the juyce, and lay it to the eares of the sicke with two sponges, as hot as he may suffer it; use this two or three times, and he shall be whole.

For the Megrim, Postume, Drousie, Fever, and all manner of aking in the head.

TAke a penny-weight of the root of Pellitory of Spain, six peny-weight of Spicardy, and grinde them together, and seethe them in good Vinegar, and take a Saucertull of Honey, and five of Mustard; and when the liquor that is boiled is cold, put thereto the Honey and the Mustard, and stirre them well together, and let the sicke use thereof

halfe a spoonefull at once, and hold it still in his mouth the space of two Creeds saying, and then spet it out into a vessel, and doe so ten or twelve times; a good while after hee hath eaten at noone, and a little before even ten or twelve times: and when hee goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed: use this Medicine three dayes, and he shall be whole.

For the head-ache.

TAke and seethe Vervine and Betony, Sisles and Wormwood; wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister and lay it upon the upper part of the head on this wise.

TAke the herbs aforesaid when they are well sodden, and wring out the juyce of them, and then stampe them in a mortar, and temper them with the water wherewith they were

were ſodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaiſter under it as hot as the ſick may ſuffer it: doe this three times, and he ſhall be whole.

Another.

CLoves comfort the ſtomacke, liver and heart: they helpe diſgeſtion, and ſtop the belly: they quicken the eie-ſight, and ſcowre away the clouds and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oyle of cloves is very good for a cold ſtomacke, and for any other place that hath need of warming, as a rhumaticke braine.

Another.

TAke of Litrage of Lead foure ounces; of Vinegar, common Oyle, a

like quantity: put the litrage in a mortar, and put a little of the Vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oile and vinegar; you must beat them two houres together, it must be as thicke as your greene-salve.

Another.

TAke Camphory, Hearts-ease, Privit, Plantane, of each of them a handful; bruise these in a mortar, and put thereto Harts suet, fine Sallet-oyle, of each dim. li. mingle them well together, and let them stand foure and twenty hours; then put them into a pan or brasse pot, and put thereto Wax and Rosin broken in small peeces, of each dim. lib. let these boyle all together over a fire of coales, till the juyce of the herbs bee consumed, and the oyntment greene; then straine it thorow a canvase-cloth into some pot that you will keepe it in; and when it begins to be cold, then put thereto foure ounces of Venice turpentine;

tine; ſtirre all together untill it be thorow cold, and keepe it cloſe covered.

Another.

THe Wine of Eye bright is made for the eyes, by putting the herbs into the Muſt till it be perfect Wine; whoſe uſe make the eyes of old men looke young: for it is hot and drie; and the powder of it beaten with the yolke of an egge, worketh the ſame effect: the powder received in Wine, if the Wine be too ſtrong, put in Fennell-water or Sugar.

A Medicine againſt the ſtone in the back, or bladder, or for the weakneſſe of the backe, which is called the running of the reins.

TAke Venice-turpentine, and waſh it in Roſe-water, either red or damaske, untill it looke white: then divide it into ſmall balls, as you may eaſily

easily swallow to the full quantitie of three hasell-nuts or thereabout: then rowle them in Sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure severall mornings together, and in your water you shall finde much gravell.

To take away the pock-holes, or any spot in thy face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it be drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of five or six egges, a handfull of fine Sugar, and as much Roſe-water, and put them in a pottle of creame of the thickeſt you can get: beat them all together; as the Snow riſeth take it off with a ſpoone; you muſt beat it with a ſticke cloven in foure: then muſt you take a loafe of bread, and cut away the cruſt, and ſet it upright in a platter: then ſet a faire Roſemary-branch in the loafe, and caſt your Snow upon it with a ſpoone.

A Medicine for the Piles.

TAke the herb called Torchwort; it groweth high, bearing a yellow flower, blowing out of the ſtalke, the leaves looke hoare. Take the juyce and boyle it with freſh butter a little while, and keep it cloſe, and uſe it evening and morning: if a Cowes udder

udder be ſtung or bit with a Snake or ſuch like, take Lavender, and waſh it cleane, and ſeethe it in Chamber-lye a good while, and waſh it evening and morning warme: you may put a little freſh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approved.

TAke Waterſuck-leaves, otherwiſe called Hogwort leaves, Ally-houſe, Daiſie roots, leaves and all, and a little Roſe-mary; waſh them, ſtampe them, and boyle them in creame till it is butter: then ſtraine them, and apply it warme to the burne; pricke the Waterſuck-leaves, and lay them upon it, dreſſing it twice a day, or three times, if need be. To heale a ſore put Turpentine, Roſin, and Wax in it, dreſſing it with Lint.

For

For the Stitch.

TAke Stitch-wort, Bay-leaves, Holly without prickles, of each a like quantitie, the juyce, graines beaten: drinke it in Ale warme.

For the swelling.

TAke the grounds of good Ale, Glovers shreds, and white-bread crums, and Sage: boyle them, lay it to warme, it will swage the swelling and the ache: it hath beene proved.

For the Tooth-ache.

TAke Organy that groweth close to the ground, and tasteth like Aquavitæ; bruise it, lay it to the tooth: Bursa pastoris will doe the like.

For a Bite, or Felon, or sore legge.

SEethe a pint of Ale to two spoonefuls life a sirup: pricke a peece of leather with a pin; it will heale it withour breaking; if it be broken, take lint to the hole with some salve, let it lye foure and twentie houres; lay it to cold.

For the Scratches of a horse legge.

TAke Vinegar, Mustard-seed, Gunpowder, boyle them, wash it hot three or foure times; proved.

For the Gowt.

TAke Mallowes and Sengren; beat them, and boile them in water; then straine them, put Oat-meale-groats soked in Vinegar, and sheepes suet untried: then boile it to a poultis; proved.

For the Ague.

TAke a red Onion cut ſmall, ſix and fiftie graines of Pepper beaten ſmall: binde it to the wriſt halfe an houre before the fit; proved.

For the gout.

TAke a fat Whelpe of a Hound, ſcald him like a Pig: garbage him in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges: ſtuffe the belly, and ſew it up; roſt it with a ſoft fire: ſave the dripping: annoint the place: it is good for ſinews and cramp; it will drive it away: for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

For the Sciatica.

TAke the gall of a Bull, a quart of wort, boile it to a pint: then put in

in a pint of Vinegar, Frankincense, one ounce in powder, of Honey halfe a pound, of Commine halfe a pound in powder; boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the skinne and the plaister; the plaister will serve many times; proved.

For the Tooth-ache.

ALlom as bigge as a Walnut, Garlick an handfull, twenty Beans, an handfull of Bay-salt, Pepper; beat it together; lay it to the wrists foure and twentie houres or more.

For to stop the bleeding of a wound.

THe wooll of an inke-horne, Sanguis draconis, and Bollarmonick, and the whites of egges laid on too.

For a Comſumption either for old folkes, young folkes or children.

TAke Long-wort, Liver-wort, Harts-tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parſley and Fennell-roots, the piths out of each, halfe an handfull, Liquorice an ounce, Anniſeeds an ounce, Sceeny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce ſliced: ſtampe your ſpices, and your ſeeds, and beat your other Apothecary-ſtuffe, and ſhred your herbs fine: boyle it in three quarts of Renniſh-wine to a pottle; ſtraine it; drinke foure times a day a quarter of a pint at a draught warme; put in a peniworth of Aqua vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient bee laxative, leave out your Rubarb, Sceeny, and Turbet, and boyle

boyle it in wort; it is best in wort for children: for aged folkes that be weak, boile in the stone of a Bear, or a Ram, or a horse is best: one stone is enough for one time: you may take one to purge, and another not to purge: the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers; beat them fine: sift them thorow a searce; put in Sugar, drinke it in white-wine.

To make a Seare-cloth.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, and twice as much clean Wax, a spoonfull of fresh swines grease: boile all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hands an houre and more, till it will cleave to your hands.

For

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perrosen a quarter of a pound, as much Gum mastick, a qnarter of a pound of Deere suet, two ounces of Turpentine, one ounce of Cloves and Mace, of Safron two ounces, the liquor must be oyle of Roses.

A soveraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d of black Sope halfe a pound, of Butter without Salt as much as a great Walnut; boile it on a chafingdish of coales halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or five dayes.

To make a good Ointment or Salve for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of Brown-wort, as much of Honysuckles, as much of Tursame, as much Velerion: boyle all these in May-butter till it be browne: then straine it, and put in a quantitie of Virgin-wax: then boyle it againe.

A good receipt for all manner of sores, old or new, named, The gift of God, praise be to him.

TAke Betony, Vervine, Pimpernel, Bugle, Smallage, Plantane, Scabeas-water, Agrimony, of each alike; stampe them together, boyle them together in a gallon of White-wine to the third part then straine them, and put to them a quantitie of sheepes suet, and halfe a pound of Wax, halfe a pound of Rosin, halfe a pound

pound of Pitch, one pound of Olibinum, and boyle it againe.

For Bags in the Fundament.

TAke the yolke of an hard Egge roasted, the oyle of Roses, and Marigold leaves: beat it together, lay it to hot.

To kill a Tetter.

TAke greene Broome, boyle it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernel, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For one that is taken within the body, or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose-water; heat it on a chafing-dish of coales; lay it to the stomacke; they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alderstickes; take the inner rinde, a handfull; beat them, drink it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonefull of juyce of Orinnges, as much Aqua-vitæ, mingle it with a yolke of a new laid egge in the shell, sup it up fasting once or twice.

King Henry *the eight his perfume.*

TAke six spoonfuls of compound water, as much of Rose-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Civet: boyle it softly together; all the house will smell of Cloves.

For the Strangurion.

TAke Hore-hound one handfull and a halfe, red wine halfe a pint, Oyle Olive five spoonefuls: boyle it together, put it in a linnen cloth to the small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stoneflower, and Honey; boyle it thick: apply it to.

For the Gowt.

TAke Worm-wood, Wall-wort, wheaten bran, cow-dung, and salt; boile it in Vinegar: plaister it to the griefe.

For a Bruise.

TAke halfe a pint of Sallet-oyle, as much Oyle of Roses, as much Aqua

vitæ, and three or foure score Snailes that beare shels: stampe them small, and boyle them to oyle.

To keepe one laxative.

TAke a new layed egge: put out the white, then put in new butter unsalted; heat it, then eat it, use it often.

Two remedies very good against wormes in little children.

TAke flower of Wheat well boulted, as much as will lye upon three crownes of gold; put it in a glasse, and powre into it Well-water, so much as will steepe the said flowre, and make it looke as it were milke, and no thinner: then give the childe drink of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedie.

The

The second remedie against Wormes.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua-vitæ, wherwith you must wash or wet the stomack or breft of the childe; then powre it upon the said place with the powder of fine Myrrhe, and lay the child down a little while with his breft upward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To heale children of the Lunatick disease, which happeneth unto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, comming to the heart, causeth such a passion in the childe, that oft-times it kils them.

TAke the tender stalkes of a Wilding tree, and drie them in the sha-

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of Myrrhe: all these well beaten to powder, you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lippes and mouth of the childe: doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedie for the Falling-sickneſſe.

TAke Germander gathered in May, when it is in the blossome: drie it in the shadow, and make it in powder, and when you will use it, take the yolke of an egge or two, and stirre and breake it with a spoonefull of the said powder: then seethe it, and give it to the Patient to eat: doe this morning

morning and evening eight dayes, abstaining from Wine, carnall company of women, from all Pulse, Beanes, Peaſe, Fetches, Tares, and ſuch other, from Sallets, Salt-fiſh, and from all other things that are hard of concoction and digeſtion; a very good and notable Secret.

A Medicine to cure the biting of all venomous beaſts.

AS ſoone as the partie feeleth himſelfe bitten with any venomous beaſt, or as ſoone after as may be, take greene leaves of a Fig-tree, and preſſe the milke of them three or foure times into the wound: and for this, ſerveth alſo Muſtard-ſeed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juyce of Valerian, in the which wet a rent, and put into the

wound, laying the said herb upon it stamped: then make your binder as best fitteth, and by this means you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causing a bunch upon the head.

TAke an ounce of Bay-salt, raw Hony three ounces, Comin three ounces, Turpentine two ounces: mingle all these well upon the fire: then spread it upon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Plarise.

OPen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, upon the crummie sides, and heat it at the fire: then lay one part upon the place of the disease, and the other part on the

the other side of his body directly, and so binde them that they stirre not, leaving them so a day and a night, or untill the impostume breake, and then take away the bread, and immediately the Patient will spet forth the putrefaction of the impostume; and when he hath slept a little, let him eat, and by Gods helpe he shall shortly be well.

A very good remedie for a wound with a sword, staffe, stone, or such like.

TAke Taxus Barbarus, stampe it, and take the juyce of it; and if the wound bleed, wipe it and make it cleane, washing it with white Wine or water; then put the juyce upon the wound, and the herbs upon it, out of the which you tooke the juyce: then binde up the wound, and in one day you shall see a wonderfull effect.

Against the disease or griefe of the Flank, and the Chollicke-passion, experimented and proved divers times.

TAke halfe a glasse or lesse of the juyce of Barbaries, when they bee very ripe and red, and put into it as much red Corall as will lye upon two groats, well broken into powder, and give the Patient to drinke thereof.

Another perfect remedy for the same disease, and to make a man pisse within halfe an houre, that hath not made water in three or foure dayes, and will break the stone within ten or twelue dayes.

TAke fine powder of Virga aurea, and put a spoonful of it into a new laid egge soft rosted, and give the Patient thereof in the morning to his breakfast, and let him not

not eat in foure houres after, and then he ſhall make water in leſſe than halfe an houre, and let him uſe this for the ſpace of ten or twelve dayes as aforeſaid: the Patient ſhall void the ſtone without any paine or griefe.

A remedy for ſpetting of bloud, occaſioned by the breach of ſome veine in the breſt.

TAke Mice-dung beaten in powder, as much as will lye upon a groat, and put it into halfe a glaſſefull of juyce of Plantane with a little Sugar, and ſo give the Patient to drinke thereof in the morning and evening: continuing the ſame he ſhall be ſound.

Againſt the griefe of the Lungs, and ſpetting of bloud, a remedie experimented and tried.

TAke an herb called Farfara, or Tuſſilago at the Apothecaries, Ungula Caballina, in Engliſh called

Colts-foot, in French, *Pat delian*; incorporate it well with the lard of a hog chopped, and a new laid egge; boyle all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary leaves with the blossomes, if you can get them, and seethe them in white-wine with a little myrrhe and Cinamon, and you shall finde a marvellous effect, if you use it often in your mouth.

Against the biting of a mad dogge, and the rage of madnesse that followes the partie bitten.

TAke the blossomes or flowers of wilde thistles, dryed in the shade, and beaten into powder, halfe a nut-shell full; put into White-wine, and drinke it, and in thrice taking

king it you shall bee whole. A thing tried and experimented.

A Medicine for watry eyes.

TAke a red Cole-leafe, and annoint the leafe with the white of an egge: when you goe to bed lay the same to your eyes.

A Medicine for sore eyes.

TAke a little ground Ivie, and straine it and womans milke together, and let it bee somewhat greene of the Ivie, and then drop a drop or two into the eyes.

Another for the same.

TAke Fennell-water stilled, and hive Honey, mingle them together, and put a drop or two into the eye. These are approved.

To make water for the eyes to kill the heat of any sore.

TAke red Sage, and boyle it in Smiths water till the third part be consumed: then straine out the Sage very hard, and put into it a quantity of the liquor, a peniworth of Allome, and as much of white Coperas, after you have taken it from the fire, and annoint your eyes therewith.

Another for the same.

TAke the leaves of red Brambles, of Plantane, and Honysuckles, boyle them all in running water from a quart to a pint, and use it to the sore.

A Medicine for the Pin and Web in the eye.

TAke the white of an Egge being hot; take out the yolke cleane, and put

put thereto a good quantitie of Sugar-candie: then ſtraine it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eyes.

A Medicine to cleare the ſight.

TAke Red-roſe-water, cleane myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lye in the water twelve houres: then take of this water, and put it in your eyes, and it will cleare your ſight.

For a pearle in the eye.

TAke red Fennell, and the leaves and roots of white Daiſies; uſe them without any liquor, and put together three ſpoonfuls of either of them: then take one good ſpoone-full of clarified Hony, and two or three ſpoonfuls of womans milke, and drop this into your eye three or foure times

times a day: and if there be any sight in the eye, this will cure it.

For eyes that are blasted.

TAke a toste made of browne bread, and lay it in red Wine that is not mingled, and let it lye untill it be soaked halfe an houre; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must bee betweene the eye and the toste. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

TAke the juyce of Hey-hoo, and put it into your nostrils, and the fleame and running water will follow.

For eyes that be red and sore.

TAke Fennell, Vervine, Roses, Salendine, and Rue, of each two ounces, and

and distill all together; and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolke of an egge roasted hard and laid to with Rose-oyle and Saffron; put in the juyce of Basill.

For to see well.

TAke Eye-bright, red Fennell, of each halfe a handful: of Rue one quarter of an handfull: cause these to bee distilled, and wash your eyes daily with the water.

For the aking in the legge.

TAke a peece of sowre leaven, and as much Barme, and as much blacke Sope; temper them all together, and so spread it upon a linnen cloth,

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet-drinke for a Consumption.

TAke a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace, a dramme and a halfe of Acter-roots, and boile it till it come to three quarts: let this be your onely drinke till you doe amend.

A Medicine for the head-ache.

TAke a handfull of Rosemary, two handfuls of Betony, and a spoonfull of Honey: and seethe them all in Malmesie, and wash your head therewith.

Another for the head-ache.

TAke five Nutmegs: grate them, and seethe them in Malmesie till they be thicke: make a plaister thereof, and lay it to your temples.

For Wind and swoonings in your head.

TAke Egremony and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the head-ache.

TAke a handfull of Camomile, a handfull of Pennirial, a handfull of Sage, a handfull of Wheat-branne: chop them all together small, boyle them in a pint of sharpe vinegar till they bee thicke, and thereof make a plaister, and lay it to the temples of the

the head as hot as you may suffer it, and it shall (by Gods helpe) doe you good.

Another for the same.

TAke a peece of raw Beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: use this as often as you see good; proved.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrime in the head.

TAke Housleeke and garden-wormes, the greater part being Housleeke: stampe them together, and put thereto fine flower, and make a plaister on a fine

fine cloth, and lay it to the fore-head and temples.

Another for the same.

TAke Mallard-seed, and temper it with Vinegar: make an oyntment thereof, and lay it to the temples in plaister, and another in the nape of the neck behinde, where it is not sore, and it will avoid and shortly be whole.

A Medicine to keepe up the pallat of ones mouth.

TAke a peece of wheaten leaven, and Commine seed beaten in a mortar, a quantitie of Bay-salt, and Red-rose-vinegar, and Red-rose-water; put them into a bagge of cloth, and lay it to the mould of the head.

To drie up Rhume in the head.

TAke a quantity of dried rose-leaves, the flower of Camomile, Basill, Mar-

Marjoram, all dried; a quantitie of Cloves and Mace, grosse bruised; a Nutmeg, and a quantitie of Dill-seed, all quilt in a cap.

A Poultis to coole any place, either face, or any where else; that is red and full of hot pimples.

TAke Houseleeke, Mallows, Purseline, Water-roses, called Nuphar: beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thicke like pap: then season it with a little Rose-oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much Brimstone beaten; Myrrhe, Frankincense, of each foure drams, of Rosewater a pound; put all these in a glasse, and

and set it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the distilled water of Ash-tree, Tamaredis oft eaten, Wine of Strawberries laid upon the face.

Another.

TAke the distilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, so that they have heard before.

TAke the juyce of Bittaine, womans milke that hath a man childe; mingle them together, and dippe a peece of blacke wooll in it, and put a peece of it into your eare, for the space of ten or eleven dayes, or more: if it happen that this will not take away the deafenesse, then take the milke of a

Cow,

Cow, and seethe it with Oatmeale and juyce of Bettony, and lay it plaister-wise over the eares, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulpher-vinum, and an ounce of Deeres suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Beane, and twice as much Allome, and put them in a quart of faire water, and boyle them together with two or three cornes of Bay-salt, and bathe your face therewith often in a

day

day with the ſame cold, and open the pimples with your fingers before you waſh.

For a ſore mouth.

TAke a quart of white wine, a quart of water, a pint of wine vinegar, a good quantitie of red Sage, two peniworth of Mercury, halfe an ounce of Roch-allom, a quantity of Roſemary, a greater quantity of Woodbine-leaves, and three ſpoonefuls of honey; ſeethe them togither, and waſh your mouth therewith.

A water for a Canker and ſore mouth.

TAke Roſemary-croppes, Sage, Singfield, Woodbine-leaves, Allome, hive Honey, or pure Honey boyled in Spring-water, halfe an handfull of each of the foreſaid herbs boyled in three pints of water, till they have boyled a third part away, and keepe it in a glaſſe ſtopped,

and

and wash your mouth with it.

For a Canker and soreneſſe in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the ſame Coperas be diſtilled or ſteeped two dayes and two nights: then ſtraine the ſame ſoftly thorow a linnen cloth; then take a ſpoonefull thereof, and waſh your mouth and throat with it ſoftly, bloud-warme, but drinke none of it. This medicine will not continue good above fourteene dayes; therefore you muſt make it freſh as occaſion ſerves: you muſt take it morning and evening.

A Medicine for the Mother that riſeth in a womans ſide.

TAke Aqua-compoſita, and beat Bay-berries in powder, and put it into the Aqua-compoſita, and put a ſpoone-

ſpoonfull or two in a draught of beere or Ale, and ſo drinke it.

A Medicine for the pricking of a needle, or thorne in the joynt.

TAke faire boulted flower of Wheat, and temper it with white or red Wine, a little Oyle-olive, and a few Roſe-leaves; ſeethe them together till it be plaiſter-thicke, and lay it to as hot as you can ſuffer; it will draw forth the needle, and eaſe the ache.

A Medicine for a Canker that eateth mans fleſh.

TAke Wheat-bran of the ſmalleſt powder, the juyce of Smallage, the juyce of Woodbine, burnt Allom beat into powder, and a little Hony; mingle all theſe together, and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For a Bruise.

TAke Virgin-wax, and Comminе-seed well beaten: mix them together, and lay it to the sore plaister-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be thorowly wrought together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

TAke Linseed, and boyle it in new milke; make a plaister thereof, and lay it to the grieved place.

A Medicine for a sore brest.

TAke Groundsill, and chop it small, the grounds of small Beere, wheaten

ten branne and sheepes suet beaten in a morter: boyle them all together, and lay it plaister-wise to your brest.

A Medicine for swelled brests.

TAke white Wine, Wheat-bran new boulted, Rose-leaves old and new; seethe them till they be thicke: then lay it to the brest as hot as shee may suffer it, from even to morning, and shift it againe.

To breake the fleame of the brest.

TAke butter without salt, and honey, of each a quantitie, faire bitter Almonds: blanch them, and beat them fine, and eat a little every day.

A very good Medicine for any ache or sore brest, often approved.

TAke Frankincense, fine wrought Wax, Boares grease, and Rosin,

of each of them a like quantitie, and seethe them together to a cake; spread it on a cloth as broad as the sore or paine is, and lay it to foure and twenty houres, or twelve at the least.

An approved Medicine for a sore brest.

TAke a handfull of Mallowes: seethe them very soft in faire water, and then let the water runne away from the Mallowes: then chop or shread them; then put them in a dish with Boares grease, and heat them very hot, and lay on a plaister of linnen cloth to your brest, as hot as you can suffer, three or foure times a day heating it: This hath beene approved very good.

A remedie for the paines of the brest.

TAke Hysop, Parsly, and Sage, stampe them together, and lay them to the brest, and it will be whole.

Another

Another for the ſtopping of the breſt.

TAke Rue, and ſeethe it with alligant, and drinke it three or foure times.

A Medicine for the bloudie Flix.

TAke as much fine linnen cloth as will make a Suppoſitary, being wrapped together button-wiſe: then wet the ſame in the beſt Aqua vitæ, or Aqua compoſita, and let the partie grieved convey the ſame into his fundament, and it will helpe him by the grace of God, within three or foure dreſſings: this is approved, and hath holpen many that have beene brought low, and thought paſt cure.

Doctor Smiths *Medicine for the Collicke and Stone.*

TAke Poſſet-Ale made of Rhenniſh wine; boyle Camomile, running Time, Parſly, Pellitory of the wall,

with a good spoonefull of Commine-seeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A Medicine for the Chin-cough for a childe.

TAke Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Laske.

TAke halfe a quarter of a pound of Almonds, and parch them upon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe an handfull of Knot-grasse, and halfe a handfull of Plantane leaves, and let them seethe a good while: then take

take the water and straine the foresaid Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Date-stones, and beat them to powder as small as may be, and put some of that powder into the Almond milke: so drinke it luke-warme.

An excellent Medicine for a childe that cannot part with his water or Vrine.

TAke three or foure hive-Bees: kill them; then drie them upon hot slate: being thorow-dry, bruise them to small powder; then put the powder into a quart of small Ale, and give the sicke to drinke, and he shall have present remedie.

A Medicine for the paine of swelling in the stomacke.

TAke a good quantitie of Rosemary flowers, boyle them in white Wine,

and as hot as may be suffered, apply it to the stomacke.

An approved Medicine for the Spleene.

TAke a quart of Claret-wine, a pint of Oyle of Olive, two good handfulls of Camomile being shred small; boyle the Wine and Camomile together from a quart to a pint, and anoint the hardnesse of the Spleen morning and evening therewith, and it will dissolve.

A Medicine for a Felon or Andcome.

TAke rustie Bacon and Colewort-leaves; stampe them together: then take a peece of Dogges leather prickt full of holes, and spread it upon the leather, laying it to the sore twice a day; and when it begins to heale, but once a day.

A Medicine for the itch of the body.

TAke sweete butter, unwrought wax, vinegar, brimstone, a little Rose-water, red Cloves whole: boyle them together till they be like a salve: then anoint the flesh three sundrie nights by the fire therewith, and no more.

A Medicine for the Canker in the body.

TAke Bollarmonacke, Roch-Allom, and Honey, then beat them to powder: take twice as much of the Allome as of the Bollarmonack, and stir them together till they come to a salve, and so annoint the sore.

A Medicine for the heat or ache in the body, or legges, or elsewhere.

TAke red Docke roots, and take out the over-pith, and seethe them in running water; then draw the

water from them, and beat it with thicke creame, and so anoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the body.

TAke Balme and lay it in white Wine, till it be well steeped, and then distill it; the water thereof is good for any disease that is in the body, but you must distill the Wine and all together, drinking a spoonfull or two in the morning; proved.

A Medicine for a Fistula.

TAke Vervine and dry it upon a tile, and make powder thereof, and make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander-seeds fine beaten in powder, and drinke it with Mint-water.

To make a Seare-cloth for all manner of sores.

TAke a pound of unwrought Wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and an halfe sheepes suet, and boyle them all together, and straine them in a faire bason: then put them in a chafingdish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetter.

TAke red Dock-roots, slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke Wheat-flower, and bake a cake, and cut it in the midst, then strike the dowie sides all over with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the

the cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lapfull of wilde Mallowes, and seethe them in running water till they bee tender, and then swing them, and chop them small; then take a peniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milke, and seethe it till it be thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

A Medicine for the cough.

TAke Mustard-seed and put it into Figges; seethe it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin and beat it very fine; put it into white Wine and Sallet-oyle,

let-oyle, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

TAke the pils of Pomgranates; beat them, and drinke them with red wine, morning and evening, bloud warme: then heat a bricke red hot, and lay it under a close stoole, and cast Rosemary and Malmesie on it, and let the Patient sit over it.

A very good Medicine for the Piles.

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boyle them together, and anoint the Piles therewith; then take a chafingdish of coles, and set it under a close stoole, and cast a little Frankincense thereon, and let the Patient sit over it when they be anointed

anointed with the aforesaid ointment.

A Medicine for a burne.

TAke oyle of Roses, and womans milke, put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropsie.

TAke Annis seeds, Coriander-seeds, Spikenard of Spaine; use this in your meat and drinke eight dayes together, and it will doe you good.

A Medicine to drie a sore.

TAke a pot of Smiths water, a quarterne of Roch-allome, halfe a pint of

of Oyle of Olives, and put thereto an handfull of Sage, and boyle them together till they bee halfe consumed: then use it to the sore, and it will drie it.

A Medicine for an ache that comes against raine.

TAke the hornes of a Stagge: cut them in small peeces; and boyle them in water, till it be consumed from a gallon to a quart: then powre the water from the bones, and it will gelly when it is cold, and therewith anoint the grieved place against the fire evening and morning.

A Medicine for a burne or scald.

TAke Mallows and Smallage: seethe them in water; when they be tender take them forth, and wring out the water cleane: chop them small, and set them on a chafingdish of coales, and put to

to it a little sheepes suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A salve for an old sore.

TAke the inner rinde of an Oke that is not very old, and burne it to a coale: then quench it, and make thereof a powder, and temper it with the yolke of an Egge, and make thereof a salve.

To make a drinke for a burning Ague.

TAke a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boyle them all together, let it coole, and give it the sicke to drinke.

A Medicine for the heat of the Liver.

TAke wort of the first tap: drinke it every morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young childe goe to the stoole.

TAke May-butter, and chafe the navill therewith against the fire; then take some black wooll that growes betweene a blacke sheepes legges; dip it in May-butter, and drie it, then lay it to the navill. It is good for an old man also that can take no inward medicine.

An approved Medicine for the Navill, when it comes out with crying.

TAke wax which is used no other way, but to take the Hony from it, and when you have an occasion, melt

melt some of the wax in a Sawcer, and dip blacke woolln it: lay it to the navill, and it will helpe it.

A Medicine for the swelling of a childes cods.

TAke Red-rose-leaves: bray them, and boyle them in red Wine an houre; then wet a cloth in it, and lay it to the childes navill as hot as you can suffer it.

A medicine to stanch the Flix.

TAke a sawcerful of the juyce of Milfoile as much of the juyce of Plantane, and Wheat-flower temper it with the juyce of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut; proved.

TAke Feathers burned to powder, and lay it upon the veine that is cut, and

and alſo take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it ſhall ſtanch whereſoever it be; proved.

For to helpe a drunken man or woman for ever.

GIve him a purgation; after that, give him a Swallow to drinke in powder for the ſpace of twelve dayes, and for a months ſpace give him every day foure Almonds to eat, with foure leaves of Woodbine beaten: you muſt eat them in the morning next your heart; proved.

For Scabs.

TAke Snailes, and pricke them, and take the water that comes out of them, and anoint the ſcabs therewith: take vine-leaves, and binde them to the ſcabs, and doe it every morning and evening,

evening, and you shall bee whole; proved.

To drie Scabs.

TAke Gum-arabeck, put it in Rose-water till it be consumed, and wash them therewith; proved.

For the Palsie, or shaking in the hands.

TAke Sell and Eysill, seethe them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to nature that is in a consumption.

TAke the eldest Cocke you can get, scald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as you can, and put among these peeces Cloves, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these seethe together till they be a gelly: then strain it into a cleane

cleane veſſell, and give it to the ſicke, firſt and laſt bloud-warme.

To reſtore the braine.

TAke powder of Bittany, and uſe it in your pottage: it will reſtore the braine, and deſtroy the ſtone.

For a perillous Cough.

TAke Sage, Rue, and Commine: ſtamp them with Pepper, ſeethe them together with Hony, and thereof make an electuary, and uſe thereof a ſpoonfull evening and morning: and by the helpe of God it ſhall doe you good.

For them that cannot ſee, and have red-eyes.

TAke white vinegar, and rub upon a whet-ſtone in a faire baſon: take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with Wine: and let it ſtand a day and a night, and put it in a viall of glaſſe; you muſt take the thinneſt that ſtandeth above in the baſon, and put in your glaſſe; and when the Patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face, and to make it white.

TAke freſh Bacon-greaſe, and the whites of egges; ſtampe them together, and a little powder of Bayes, and anoint your face therewith, and it will make it white.

For a faire face; proved another way.

TAke Plantane and white Vinegar; ſtill them together, and waſh your face therewith fifteene dayes, morning and evening: after this, drink a draught of Vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Roſemary, and boyle it in white Wine, and waſh thy face therewith, and thou ſhalt be faire: then take Erigan, and ſtampe it; and take the juyce thereof, and put it all together, and waſh thy face therewith; proved.

To helpe the face with red pimples.

TAke Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint yout face therewith ſix times, and it will helpe you.

To draw broken bones out of the head.

TAke Betony, Vervine, and Rue; ſtampe them all together very ſmall, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaiſter, and lay it to the head.

To quench ones thirst.

TAke the roots of Lovage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two houres after it.

For one that speakes in his sleepe.

TAke Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

TAke the foot of an Hare: burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will helpe her.

FINIS.